



CHILI'S NUTRITION

Effective: April 2014

A 2,000 calorie daily diet is used as a basis for general nutrition advice; however, individual needs may vary.

All items are listed as served, unless otherwise indicated.

Feature Items available for a limited time	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Cinnamon Molten	1010	460	51	23	0.5	145	760	125	1	90	12
Watermelon Lemonade	200	0	0	0	0	0	40	53	0	50	0
Appetizers	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Boneless Buffalo Wings	1050	600	67	11	0	135	3640	60	5	2	51
Bottomless Tostada Chips	910	410	46	7	0	0	1630	113	7	4	13
Classic Nachos - Chicken - Large	1410	780	87	45	0	340	3910	62	8	9	99
Classic Nachos - Chicken - Regular	960	540	60	31	0	235	2660	43	6	7	67
Classic Nachos - Fajita Beef - Large	1580	910	101	50	1	370	4440	61	8	9	109
Classic Nachos - Fajita Beef - Regular	1080	630	70	35	0.5	255	3010	42	6	7	73
Classic Nachos - Large	1190	730	81	43	0	215	2990	61	8	9	57
Classic Nachos - Regular	820	510	56	30	0	150	2040	42	6	7	39
Crispy Onion & Jalapeno Stack	1080	770	85	15	1	15	1570	67	7	10	11
Fresh Guacamole	1200	640	72	11	0	0	2340	129	19	6	16
Fried Cheese	720	370	41	17	1	75	2140	57	4	7	33
Hot Spinach & Artichoke Dip	1440	830	92	35	0	140	1910	124	8	7	31
Jumbo Soft Pretzels	1060	430	48	17	0	35	3570	125	6	7	31
Loaded Potato Skins	1110	710	78	34	0	170	1690	55	6	4	49
Skillet Queso	1590	870	97	35	0	135	3920	136	9	15	44
Southwestern Eggrolls	770	350	39	10	0.5	15	1750	81	7	6	24
Sweet Potato Fries	800	430	48	8	0	15	1080	83	13	33	8
Tablesides Guacamole	1500	880	98	15	0	0	2830	146	31	8	20
Texas Cheese Fries - Full Order	1760	1070	119	49	0	255	5310	96	8	4	75
Texas Cheese Fries - Half Order	1270	800	89	36	0	185	3460	65	5	3	52
Wings over Buffalo	850	580	65	14	0	290	2550	6	1	2	62
Triple Dipper (TD)	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
TD™ Big Mouth® Bites	810	490	55	16	1	115	1840	44	2	9	34
TD™ Boneless Buffalo Wings	620	420	46	8	0	70	1890	28	3	2	24
TD™ Boneless Honey-Chipotle Wings	690	300	34	5	0	70	1780	74	2	35	24
TD™ Hot Spinach & Artichoke Dip	600	360	40	16	0	70	890	48	4	3	14
TD™ Loaded Potato Skins	690	450	50	22	0	110	1040	33	3	3	30
TD™ Original Chicken Crispers®	630	380	42	7	0	95	1770	30	1	9	32
TD™ Southwestern Eggrolls	550	270	30	8	0	15	1240	54	5	4	16

Soups & Chili	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Chicken Enchilada - Bowl	440	250	28	9	0	70	1660	25	3	3	22
Chicken Enchilada - Cup	220	130	14	4.5	0	35	830	13	1	2	11
Loaded Baked Potato - Bowl	520	320	35	21	0	115	1860	26	2	4	19
Loaded Baked Potato - Cup	260	160	18	11	0	55	930	13	1	2	9
Southwest Chicken - Bowl	230	90	10	2	0	20	1360	25	3	3	9
Southwest Chicken - Cup	110	45	5	1	0	10	680	13	1	1	4
Terlingua Chili - Bowl	400	250	28	8	0	65	1060	14	0	3	23
Terlingua Chili - Cup	200	130	14	4	0	30	530	7	0	2	12
Sandwiches	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Bacon Avocado Chicken Sandwich	1600	740	82	19	0	180	3900	145	12	10	73
Buffalo Chicken Ranch Sandwich	1240	520	58	10	0	110	4410	131	8	9	48
California Turkey Club Toasted Sandwich	1540	740	82	19	0	125	3560	147	14	15	59
Classic Turkey Toasted Sandwich	1370	620	69	17	0	110	3360	139	10	13	54
Grilled Chicken Sandwich	1100	460	51	13	0	135	2960	109	6	14	54
Salads	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Boneless Buffalo Chicken Salad	1030	610	68	14	0	155	3730	55	6	8	51
Caribbean Salad w/ Grilled Chicken	680	240	27	4.5	0	110	1150	79	8	64	35
Caribbean Salad w/ Grilled Shrimp	620	250	27	4.5	0	145	2090	82	8	66	16
Chicken Caesar Salad	660	400	44	7	0.5	110	1420	29	5	4	40
House Salad No Dressing	150	50	6	2.5	0	15	220	18	3	4	7
Lunch Combo House Salad No Dressing	70	25	3	1.5	0	5	110	9	2	2	4
Quesadilla Explosion Salad	1430	860	96	28	0	175	2600	83	10	18	64
Santa Fe Chicken Salad	700	440	49	9	0	120	1700	32	9	8	38
Lighter Choices	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Grilled Chicken Salad	430	200	22	6	0	105	1080	23	5	11	39
Lighter Choice 6 oz Classic Sirloin	250	60	7	3	0	65	1450	12	5	3	37
Lighter Choice Margarita Grilled Chicken	610	150	16	3	0	130	2450	67	8	6	51
Lighter Choice Salmon	540	210	24	4	0	100	1840	38	5	2	47
Mango-Chile Chicken	550	180	20	4	0	95	2370	58	9	14	38
Mango-Chile Tilapia	560	190	21	4.5	0	70	1760	57	9	13	38
Make it a Combo listed without sides	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
10 oz Classic Sirloin	440	210	24	8	0.5	100	1330	2	0	0	56
6 oz Classic Sirloin	300	160	18	6	0	65	730	1	0	0	34
Half Rack of Original BBQ Ribs	460	250	28	11	0	155	830	15	2	11	38
Half Rack of Memphis Dry Rub Ribs	550	290	33	12	0	155	1430	24	3	16	39
Lighter Choice 6 oz Classic Sirloin	210	60	7	3	0	65	1040	3	1	1	34
Lighter Choice Margarita Grilled Chicken	190	35	4	1	0	90	890	8	0	5	31
Lighter Choice Salmon	340	170	19	3	0	100	880	0	0	0	41
Monterey Chicken®	480	240	26	13	0	155	1540	12	0	9	49
Salmon with Garlic & Herbs	400	240	26	6	0	100	940	1	0	0	42
Spicy Garlic & Lime Grilled Shrimp	120	40	4.5	1	0	125	1750	8	1	6	12

Steaks	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
10 oz Classic Sirloin	1040	530	59	18	1	130	3050	58	9	4	73
6 oz Classic Sirloin	890	470	53	15	0.5	95	2450	58	9	4	51
Classic Ribeye	1320	770	86	32	4.5	180	3340	58	9	4	86
Country-Fried Steak	1250	600	67	14	1.5	75	3330	118	10	19	52
Mix & Match Fajitas listed w/o tortillas & toppings	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Sizzling Fajita Base	300	200	22	5	0	0	1370	24	4	9	4
Choose 2 or 3 Meats below	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Grilled Steak	200	130	14	7	1	15	400	0	0	0	18
Marinated Chicken	110	30	3	1	0	65	480	1	0	0	20
Pork Carnitas	230	110	13	4.5	0	95	500	1	0	1	25
Spicy Grilled Shrimp	80	20	2	0.5	0	125	1100	4	1	2	12
Choice of Tortillas & Toppings	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Fajita Toppings	220	150	17	10	0	55	1130	10	1	5	9
Corn Tortillas (3 each)	180	20	2.5	0	0	0	100	37	3	1	4
Flour Tortillas (3 each)	260	80	9	4	0	0	640	39	2	1	6
Fresh Mex - Bowls	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Chipotle Beef Bowl	1030	540	60	22	1.5	70	2320	83	8	6	45
Chipotle Chicken Bowl	950	400	44	13	0	175	2680	84	8	6	58
Chipotle Shrimp Bowl	910	410	45	13	0	240	4350	95	9	15	36
Margarita Chicken Bowl	930	280	31	6	0	130	3810	110	14	15	57
Margarita Shrimp Bowl	890	280	31	6	0	195	5490	122	15	24	34
Fresh Mex - Enchiladas	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Beef Enchilada (1 each)	320	170	19	6	0	45	870	21	4	3	18
Beef Enchilada Platter	1250	550	61	20	1	140	3870	115	19	11	62
Cheese Enchilada (1 each)	390	240	27	13	0	60	840	19	2	2	18
Cheese Enchilada Platter	1440	770	86	40	0	190	3770	105	14	7	63
Green Chile Chicken Enchilada (1 each)	270	120	13	4.5	0	55	1080	21	3	3	18
Green Chile Chicken Enchilada Platter	1100	390	43	14	0	160	4510	113	16	12	65
Sour Cream Chicken Enchilada (1 each)	300	150	17	7	0	65	990	20	2	3	18
Sour Cream Chicken Enchilada Platter	1200	490	55	22	0	200	4240	113	14	10	65
Fresh Mex - Tacos	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Beef Crispy Taco (1 each)	310	160	17	6	0	50	1170	21	5	4	19
Beef Soft Taco (1 each)	320	160	18	7	0	50	1160	21	4	4	20
Chicken Crispy Taco (1 each)	270	110	12	4	0	60	1500	21	4	3	20
Chicken Soft Taco (1 each)	280	110	12	5	0	60	1500	21	3	3	21
Crispy Chicken Tacos	1480	600	67	21	0	160	4470	155	12	32	66
Spicy Grilled Shrimp Tacos	1010	410	45	11	0	200	4220	121	14	18	36
Fresh Mex - Tostadas	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Beef Tostada	390	200	22	8	0	60	1390	29	8	5	22
Chicken Tostada	340	150	17	6	0	65	1720	28	6	5	23
Fresh Mex - Quesadillas	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Bacon Ranch Chicken Quesadilla	1760	1200	134	44	0	260	3640	70	5	10	74
Bacon Ranch Steak Quesadilla	1880	1290	144	47	0.5	280	3990	69	5	10	80
Chicken Quesadilla (1 each)	700	440	49	20	0	115	1520	34	3	4	33
Santa Fe Chicken Quesadilla	1540	960	107	40	0	215	2640	79	7	11	69

Pizza - 9 inches	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Add - Jalapenos	15	0	0	0	0	0	1020	2	1	1	0
Add - Fresh Mushrooms	10	0	0	0	0	0	0	1	0	1	1
Add - Taco Seasoned Beef	140	80	9	3	0	40	420	3	2	2	14
Five Cheese	1380	640	71	34	0.5	140	2600	122	5	15	62
Pepperoni	1320	630	70	29	1	145	2330	118	4	13	52
Southwestern Chicken	1420	620	68	28	0	170	3190	128	7	17	71
Taco	1350	600	67	30	1	155	2670	123	6	15	63
Flatbreads - Full Size	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
California Grilled Chicken	1450	860	96	41	0.5	220	2570	74	8	7	77
Chipotle Chicken	1330	730	81	41	0	220	2720	73	5	7	79
Margherita	1400	920	102	41	1	165	2560	72	5	8	52
Baby Back Ribs	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Memphis Dry Rub Ribs - Full Rack	1710	830	92	29	0	310	3820	140	14	45	84
Memphis Dry Rub Ribs - Half Rack	960	450	49	14	0	155	2800	84	8	16	45
Original Ribs - Full Rack	1610	750	84	28	0	310	3120	135	10	47	82
Original Ribs - Half Rack	880	400	45	13	0	155	2200	75	6	11	43
Burgers	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Big Mouth® Bites	1820	1030	114	31	2	200	4140	130	7	17	67
Classic Bacon Burger	1360	710	79	25	1.5	170	3370	104	7	9	58
Guacamole Burger	1270	630	70	24	1.5	155	3220	109	10	10	54
Mushroom-Swiss Burger	1310	660	74	23	1.5	150	3280	108	9	10	54
Oldtimer® with Cheddar Cheese	1160	530	59	20	1.5	145	3130	104	7	9	52
Southern Smokehouse Burger	1550	810	90	27	1.5	180	4130	123	8	21	62
Chicken & Seafood	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Cajun Pasta w/ Grilled Chicken	1270	530	59	27	0	190	4580	115	8	8	71
Cajun Pasta w/ Grilled Shrimp	1210	530	59	27	0	225	5100	116	6	12	52
Crispy Chicken Crispers® - No Sauce	1320	570	63	11	0	135	3550	136	9	15	59
Crispy Honey-Chipotle Chicken Crispers®	1770	730	81	14	0	155	4900	207	9	65	61
Lighter Choice Margarita Grilled Chicken	610	150	16	3	0	130	2450	67	8	6	51
Monterey Chicken®	940	460	51	19	0	195	3560	56	9	12	67
Original Chicken Crispers®	1510	740	82	14	0	145	4460	137	9	24	63
Parmesan-Crusted Tilapia	650	270	30	11	0	90	1710	54	8	2	42
Salmon with Garlic & Herbs	650	320	35	8	0	100	1930	39	5	2	47
Lunch Combos listed without soup or salad	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Bacon Avocado Chicken Sandwich	800	370	41	9	0	90	1950	72	6	5	37
Bacon Ranch Chicken Quesadilla	1140	720	81	23	0	125	2610	64	4	5	40
Big Mouth Burger Bites	820	400	44	13	1	90	2130	72	4	7	33
California Turkey Club Toasted Sandwich	770	370	41	10	0	60	1780	74	7	8	30
Classic Turkey Toasted Sandwich	710	320	36	10	0	60	1740	70	5	7	29
Fajitas - Chicken w/ Corn Tortillas	730	340	38	14	0	145	2200	58	6	9	46
Fajitas - Chicken w/ Flour Tortillas	810	400	44	18	0	145	2740	60	5	9	48
Fajitas - Pork Carnitas w/ Corn Tortillas	910	470	53	20	0	195	2270	59	6	10	53
Fajitas - Pork Carnitas w/ Flour Tortillas	990	530	59	24	0	195	2810	61	5	10	55
Flatbread - California Grilled Chicken - Half	720	430	48	21	0	110	1290	37	4	3	39

Lunch Combos listed without soup or salad	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Flatbread - Chipotle Chicken - Half	660	370	41	21	0	110	1360	37	3	3	40
Flatbread - Margherita - Half	710	470	52	21	0	80	1280	36	3	4	26
Fresh Mex Chipotle Chicken Bowl	820	350	39	12	0	110	2200	82	7	6	38
Fresh Mex Margarita Chicken Bowl	800	230	26	4.5	0	65	3340	109	13	14	36
Santa Fe Chicken Quesadilla	1010	590	65	23	0	115	2070	70	6	6	38
Southwestern BLT Toasted Sandwich	680	330	37	8	0	30	1530	70	4	6	17
Extras	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Avocado Slices	80	70	7	1	0	0	0	4	3	0	1
Black Bean Burger Only	170	10	1	0	0	0	760	25	7	3	20
Cheese, American	70	50	6	3.5	0	15	340	1	0	0	4
Cheese, Cheddar	80	60	7	4	0	20	130	0	0	0	5
Cheese, Provolone	100	70	7	5	0	20	250	1	0	0	7
Cheese, Swiss	80	50	6	4	0	20	40	1	0	0	6
Dressing, Ancho Chile Ranch	170	150	17	3	0	15	350	3	0	2	1
Dressing, Avocado Ranch	120	110	12	2	0	10	220	2	1	1	1
Dressing, Bleu Cheese	270	260	29	5	0	15	280	1	0	1	1
Dressing, Caesar	250	240	27	4	0	10	360	2	0	1	1
Dressing, Citrus Balsamic Vinaigrette	250	230	25	3.5	0	0	240	6	0	5	0
Dressing, Honey Lime	200	150	16	2.5	0	10	210	12	0	12	0
Dressing, Honey Lime Vinaigrette	130	110	12	2	0	0	220	5	0	4	0
Dressing, Honey Mustard	200	160	18	2.5	0	20	360	10	0	9	1
Dressing, Low Fat Ranch	50	25	3	0.5	0	10	450	5	0	2	1
Dressing, Ranch	170	160	18	3	0	15	300	2	0	2	1
Dressing, Santa Fe	200	190	21	3.5	0	15	530	3	0	2	0
Dressing, Thousand Island	200	180	20	3	0	20	390	7	0	5	0
Fresh Guacamole - Large Side	250	200	23	3.5	0	0	630	15	11	2	3
Fresh Guacamole - Small Side	130	100	11	1.5	0	0	320	7	5	1	2
Gravy, Black Pepper	25	10	1	0	0	0	240	3	0	0	1
Honey Chipotle Sauce	140	0	0	0	0	0	530	34	0	25	0
Original BBQ Sauce	60	0	0	0	0	0	510	13	0	11	1
Rice & Black Beans (Cadi)	270	40	4.5	1	0	0	1260	49	7	2	9
Sauteed Mushrooms	70	45	5	1	0	0	330	3	2	1	3
Sour Cream	60	60	6	3.5	0	20	70	2	0	1	1
Side Dishes	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Black Beans	110	5	0.5	0	0	0	710	20	6	2	7
Cinnamon Apples	270	90	11	3.5	0	0	95	45	3	24	1
Homestyle Fries	410	150	17	2	0	0	1370	60	5	0	5
Mashed Potatoes - Loaded	380	210	23	7	0	30	1020	32	4	2	11
Mashed Potatoes w/ Black Pepper Gravy	310	160	17	3.5	0	5	1300	35	4	1	5
Rice	160	35	4	1	0	0	550	29	1	0	3

Side Dishes	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Southwestern Mac 'N' Cheese	490	270	30	14	0.5	55	1450	38	2	9	19
Spicy Garlic & Lime Shrimp -Full Order	120	40	4.5	1	0	125	1750	8	1	6	12
Spicy Garlic & Lime Shrimp -Half Order	60	20	2.5	0.5	0	65	880	4	0	3	6
Steamed Broccoli	80	45	5	1.5	0	0	450	9	4	2	3
Sweet Corn on the Cob	190	60	7	1	0	0	380	34	2	15	5
Sweet Potato Fries	420	190	21	3.5	0	0	970	53	9	21	4
Sweet Temptations	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Brownie Sundae	1090	360	40	21	0	170	740	171	6	130	15
Cheesecake	750	430	47	27	1.5	235	500	69	2	57	12
Molten Chocolate Cake	1160	570	63	31	1	140	1110	145	5	104	13
Skillet Chocolate Chip Cookie	1430	640	71	38	1	115	930	187	6	115	16
Beverages	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Soda - Coca Cola	190	0	0	0	0	0	65	53	0	53	0
Soda - Coca Cola Zero	0	0	0	0	0	0	80	0	0	0	0
Soda - Diet Coke	0	0	0	0	0	0	60	0	0	0	0
Soda - Dr. Pepper	200	0	0	0	0	0	70	54	0	54	0
Soda - IBC Rootbeer Bottle	170	0	0	0	0	0	60	44	0	44	0
Soda - Sprite	200	0	0	0	0	0	90	52	0	52	0
Minute Maid Lemonade	200	0	0	0	0	0	65	55	0	52	0
Iced Tea - Blackberry	80	0	0	0	0	0	10	20	0	19	0
Iced Tea - Mango	80	0	0	0	0	0	10	20	0	18	0
Strawberry Lemonade	160	0	0	0	0	0	40	43	1	39	0
Kids - Rockin' Tropical Punch	230	0	0	0	0	0	50	58	0	56	0
Kids - Electric Blue Blast	240	0	0	0	0	0	50	60	0	58	0
Kids - Chocolate Milk	260	60	6	4	0	30	310	41	1	40	11
Kids - Milk	150	50	6	4	0	25	140	15	0	15	10
Kids - Apple Juice	120	0	0	0	0	0	10	29	0	28	0
Kids - Cranberry Juice	120	0	0	0	0	0	35	30	2	30	0
Kids - Orange Juice	110	5	0	0	0	0	0	26	0	21	2
Kids	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Burger	340	160	18	8	0.5	65	570	24	1	4	22
Cheese Quesadilla	450	260	29	13	0	50	710	29	2	1	17
Cheeseburger	410	210	23	11	1	80	910	25	1	4	25
Corn Dog	230	100	11	3	0	20	400	25	1	8	6
Crispy Chicken Crispers	430	220	24	4.5	0	80	1080	25	1	0	29
Grilled Cheese Sandwich	430	230	26	11	0	35	1080	35	1	5	12
Grilled Chicken Platter	160	35	4	1	0	90	690	1	0	0	31
Grilled Chicken Sandwich	250	60	6	2.5	0	65	610	25	1	4	24
Kraft Macaroni & Cheese	440	110	13	3.5	0	20	820	64	3	11	16
Little Original Chicken Crispers	430	220	24	5	0	80	1410	20	1	0	31
Pizza - Cheese - 6 "	590	230	26	11	0	40	980	65	2	7	22
Pizza - Pepperoni - 6 "	690	310	35	14	0	70	1180	65	2	7	26

Kids	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Side Celery Sticks w/ Ranch	60	25	3	0.5	0	10	480	6	1	3	2
Side Cinnamon Apples	270	90	11	3.5	0	0	95	45	3	24	1
Side Corn Kernels	120	10	1.5	0	0	0	15	27	2	12	4
Side Corn on the Cob	140	15	1.5	0	0	0	20	34	2	15	5
Side Homestyle Fries	200	70	8	1	0	0	670	30	2	0	3
Side Mandarin Oranges	80	0	0	0	0	0	15	19	2	19	1
Side Mashed Potatoes - w/o Gravy	140	70	8	1.5	0	0	370	16	2	0	2
Side Fresh Pineapple	80	0	0	0	0	0	0	20	2	15	1
Side Rice	160	35	4	1	0	0	550	29	1	0	3
Side Salad w/ Low-Fat Ranch	110	50	6	2	0	15	550	11	1	3	5
Side Steamed Broccoli - plain	40	5	0	0	0	0	45	8	4	2	3

Cals...Calories	Chol...Cholesterol	(g)...grams
Fat Cals...Calories from Fat	Sod...Sodium	(mg)...milligrams
Sat...Saturated Fat	Carbs...Carbohydrates	
Trans...Trans Fat	Prot...Protein	

The nutritional analysis is comprised of data from an independent testing facility commissioned by Chili's, combined with nutrient data from Chili's suppliers, the United States Department of Agriculture and nutrient database analysis of Chili's recipes using Genesis SQL Nutritional Analysis Program from ESHA Research in Salem, Oregon. The rounding of figures is based on Food and Drug Administration guidelines. Chili's attempts to provide nutritional information regarding its products that is as complete as possible. Some menu items may not be at all restaurants; test products, test recipes, limited time offers, or regional items may not be included. While menu item ingredients information is based on standard product recipes, variations may occur due to ordinary differences inherent in the preparation of menu items, local suppliers, region of the country and season of the year. Additionally, no products are certified as vegetarian. This listing is updated periodically in an attempt to reflect the current status of Chili's products.